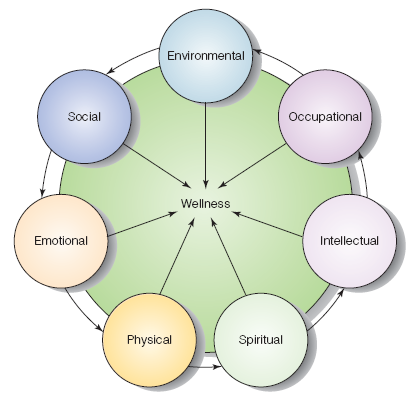
**Health Promotion; Health, Wellness, and Illness** – Outline

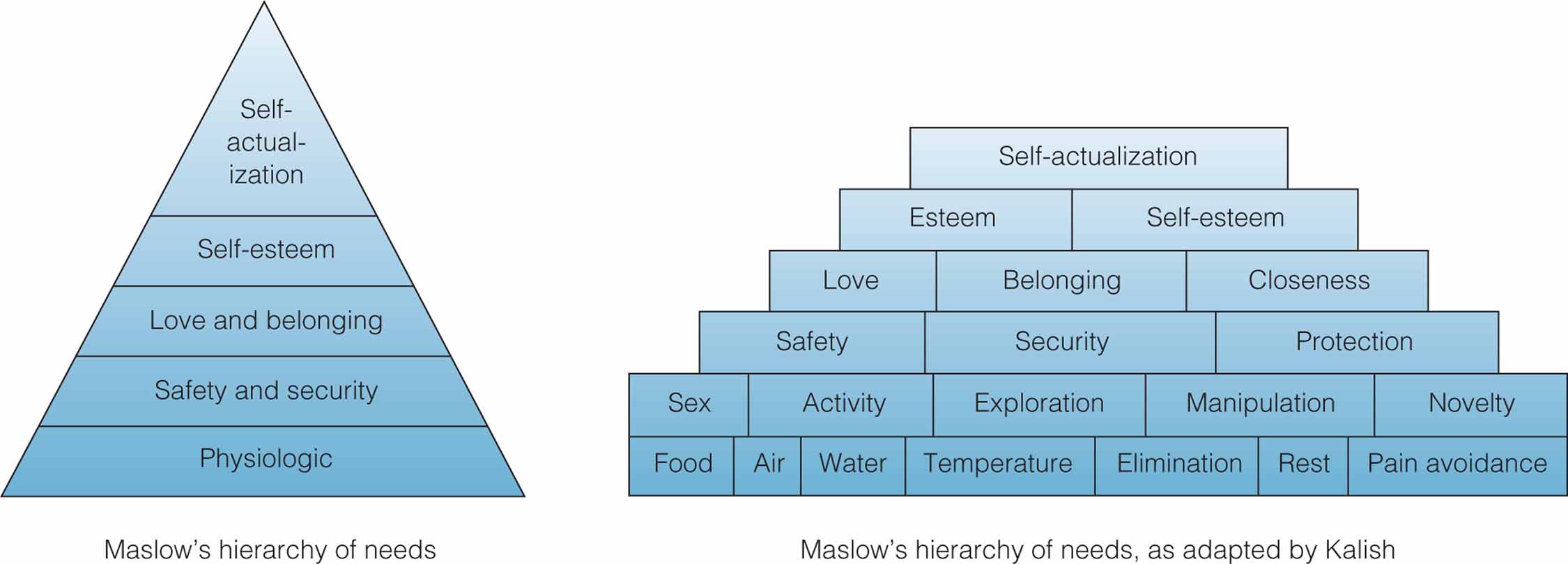
Kozier Chapters 16 and 17

Powerpoint and Class Notes 09/17/12

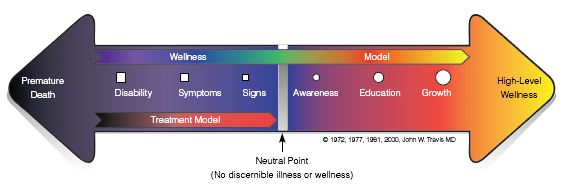
* **HEALTH PROMOTION**
* **Learning Outcomes** 
  + Differentiate health, wellness, and well-being.
  + Describe dimensions of wellness.
  + Compare various models of health.
  + Identify factors affecting health status, beliefs, and practices.
  + Describe factors affecting health care adherence.
  + Differentiate illness from disease and acute illness from chronic illness.
  + Describe effects of illness on individuals’ and family members’ roles and functions.
* **Learning Outcomes**
  + Describe how the Healthy People 2010 leading health indicators can help improve the health of a community.
  + Differentiate health promotion from health protection or illness prevention.
  + Identify various types and sites of health promotion programs.
  + Discuss the nurse’s role in health promotion.
  + Apply the nursing process to Health Promotion.
* **Health, Wellness, Wellbeing**
  + Has many definitions and interpretations.
* **Health**
  + Dynamic state in which individuals adapt to their internal & external environments so that there is a state of physical, emotional, intellectual, social & spiritual well-being.
* **Related concept: Wellness**
  + Wellness🡪 State of well-being
  + Dynamic state of health in which one progresses toward a higher level of functioning, optimum balance.
* **Dimensions of Wellness**



* **Dimensions of Wellness cont’d.**
  + **Physical Dimension**
    - Ability to carry out daily tasks
    - Achieve fitness
    - Practice good lifestyle
  + **Social Dimension**
    - Interact successfully
    - Develop and maintain intimacy
    - Develop respect and tolerance for others
  + **Emotional Dimension**
    - Ability to manage stress
    - express emotion
  + **Intellectual Dimension**
    - Ability to learn
    - use information effectively
    - to stimulate your mind through reading a book, constantly learning new things, etc.
* **Dimensions of Wellness cont’d.** 
  + **Spiritual Dimension** 
    - Belief in some force that serves to unite
  + **Occupational Dimension**
    - Ability to achieve balance between work and leisure
    - Stress due to occupation
  + **Environmental Dimension**
    - Air Pollution/ Water Pollution- can affect your quality of life.
    - Ability to promote health measure that improves:
      * Standard of living
      * Quality of Life
* **Related concept: Well-being** 
  + Subjective perception of vitality and feeling well
  + Described objectively, experienced, measured
  + Can be plotted on a continuum
* **Maslow’s Hierarchy of Needs- Kalish**
  + Maslow’s five levels of human needs🡪
    - Physiological needs
    - Safety and security needs
    - Love and belonging needs
    - Self-esteem needs
    - Self-actualization
  + **Kalish** 
    - Adopted Maslow but added stimulation needs



* **Models of Health**
  + Clinical Model
  + Role Performance Model
  + Adaptive Model
  + Eudemonistic Model
  + Agent-Host-Environment Model
  + Basic Human Needs Model
  + Holistic Health Model
  + Health-Illness Continuum
* **Needs Theories**
  + Developmental stage theories
    - Describe typical behaviors within a certain age group
    - Explain the significance of those behaviors
    - Predict behaviors that might occur in a given situation
    - Provide rationale to control behavioral manifestations
    - Can be used in parental and client education, counseling, and anticipatory guidance
* **Health-Illness Continuum**



* + Measure person’s perceived level of wellness
  + Health and illness/disease opposite ends of a health continuum
  + Move back and forth within this continuum day by day
  + Wide ranges of health or illness
* **Factors Affecting Health Status, Beliefs, and Practices**
  + **Internal variables**
  + **External variables**
* **Internal Variables** 
  + Biologic dimension
  + Psychologic dimension
  + Cognitive dimension
  + Examples: Genetics, Self Esteem, Knowledge, etc.
* **External Variables** 
  + Physical environment
  + Standards of living /socioeconomic
  + Family and cultural beliefs
  + Social support network
  + Examples: Community, Family, Occupation
* **Factors Affecting Health Care Adherence**
  + Client motivation
  + Degree of lifestyle change necessary
  + Perceived severity of problem
  + Value placed on reducing the threat of illness
  + Difficulty in understanding and performing specific behaviors
  + Degree of inconvenience of the illness itself or of the regimens
* **Factors Affecting Health Care Adherence**
  + **Complexity, side effects**, and **duration** of the proposed **therapy**
  + Specific **cultural heritage** that may make adherence difficult
  + **Degree of satisfaction** and **quality and type of relationship** with the health care providers
  + Overall **cost** of prescribed therapy
* **Illness**
  + Abnormal process in which any aspect of one’s functioning is diminished or impaired as compared with one’s previous condition.
* **Disease**
  + Alteration in body function
  + A reduction of capacities or a shortening of the normal life span
* **Acute Illness**
  + Severe symptoms, short duration
  + Symptoms appear abruptly, subside quickly
* **Chronic Illness**
  + Long duration
  + Slow onset
  + periods of remissions and exacerbations
  + There is a sub-category of acute illness within Chronic Illness as well. You can have periods of acute illness within a chronic illness.
  + Ex: CHF, COPD, HTN, DM, Osteoporosis
* **Impact of Illness**
  + **On the Client**🡪
    - Behavioral and emotional changes
    - Loss of autonomy
    - Self-concept and body image changes
    - Lifestyle changes
  + **On the Family**🡪
    - Depends on:
      * Member of the family who is ill
      * Seriousness and length of the illness
      * Cultural and social customs the family follows
* **Impact of Illness: Family Changes**
  + Role changes
  + Task reassignments
  + Increased demands on time
  + Anxiety about outcomes
  + Conflict about unaccustomed responsibilities
  + Financial problems
  + Loneliness as a result of separation and pending loss
  + Change in social customs
* **Healthy People 2020**
  + Belief that individual health is closely linked to community health and the reverse
  + Partnerships are important to improve individual and community health
    - Business, local government, and civic, professional, and religious organizations can all participate
  + New Goals incorperated with old goals (of Healthy People 2010):
    - Adolescent Health- NEW
    - Blood Disorders/Blood Safety- NEW
    - Dementia/Alzehimers- NEW
    - Sleep Health- NEW
    - Gay, Lesbian, Bisexual, Transexual Health- NEW
    - Older Adults- NEW
* **Health Promotion and Health Protection/Illness Prevention**
  + What’s the difference between Health Promotion, Health Protection, and Health Prevention?
    - All are focused on future, difference is the individual’s motivation & goals for behavior.
* **Health Promotion**
  + Behavior motivated by:
    - desire to increase well being
    - actualize human health potential.
  + Not disease oriented
* **Health Protection / Illness Prevention**
  + Behavior motivated by a desire to:
    - actively avoid illness
    - detect it early, or maintain functioning w/in continuum of illness.
  + Illness or injury specific
* **Levels of Preventive Care** 
  + **Primary prevention**
    - Health promotion
    - Protection against specific health problem
  + **Secondary prevention**
    - Early detection
    - Prompt intervention
    - Acute Hospitalization
  + **Tertiary prevention**
    - Rehabilitation/ Rehab Process
    - Health restoration
    - Palliative care
      * Pallative care is not necessarily the end of life. Pallative care also includes getting people with a chronic disease to adjust their lifestyle to live a more comfortable life. Even though they have a chronic condition, you want them to be able to live as comfortably and to the highest possible standard.
* **Types of Health Promotion Programs** 
  + **Health promotion**
  + **Specific protection**
  + **Screening for early detection of disease**
* **Sites of Health Promotion Programs** 
  + Various settings for programs:
    - In home
    - Community
    - Schools
    - Health care organizations
    - Worksites
* **Nurse’s Role in Health Promotion (Box 16-7)**
  + Model healthy lifestyle
  + Facilitate client involvement
  + Teach self-care strategies
  + Assist clients to increase levels of health
  + Educate clients to be effective health care consumers
* **Nurse’s Role in Health Promotion** 
  + Assist clients to develop and choose health-promoting options
  + Guide development of effective problem-solving and decision-making
  + Reinforce clients’ personal and family health-promoting behaviors
  + Advocate in the community for changes that promote a healthy environment
* **Nursing Process & Health Promotion**
  + **Assessment of Health🡪**
    - Health history
    - Physical examination
    - Physical fitness assessment
    - Lifestyle assessment
    - Spiritual health assessment
    - Social support system review
    - Health risk assessment
    - Health beliefs review
    - Life-stress review
* **Developing Health Promotion Plans** 
  + Based on health needs, desires, and priorities of the client
  + Client decides on:
    - Goals
    - Activities or interventions to achieve these goals
    - Frequency and duration of activities
    - Method of evaluation
* **Implementing Health Promotion Plans** 
  + Emphasis on self responsibility
  + Nursing interventions include:
    - Supporting
    - Counseling
    - Facilitating (helping them to get into programs)
    - Teaching
    - Consulting
    - Enhancing the behavior change
    - Modeling
* **Evaluating Health Promotion Plans** 
  + Ongoing
  + Collaborative effort
  + Client actions may include:
    - Continue the plan
    - Reorder priorities
    - Change strategies
    - Revise the contract
* **Application**
  + 42 year old female, family hx DM & HTN, feels stressed,overweight, sedentary,
  + She asks your help to be healthier-What activities could the nurse suggest?
    - You can ask her what she eats on a daily basis. Have her write it down for a week straight- everything from meals to drinks to snacks. At the end of the week you can sit down and go over what was a good decision and what was a bad decision.
    - In terms of exercise, you can find our their interests and apply them to get them to become more active.
    - To help the stress, you can find out the cleint’s family situation, spousal situation, marital status, occupation, financial status, etc.
* **Post Test**
  + Question 1🡪 Which one of the following is an example of the emotional component of wellness?
  + A.) The client chooses health foods.
  + B.) A new father decides to take parenting classes.
  + C.) A client expresses frustration with her partner’s substance abuse.
  + D.) A widow with no family decides to join a bowling league.
* **Question 2**
  + Because a client with human immunodeficiency virus (HIV), is scheduled to begin several medications to manage the infection, the nurse will need to provide client education.Which of the following client characteristics is most likely to predict adherence with the treatment program? Select all that apply.
    - A.) Educational level
    - B.) A trusting relationship with the health care provider
    - C.) An expectation that the medications will be helpful
    - D.) Being able to take the medications twice daily instead of four times daily
    - E.) Gender
* **Question 3**
  + Which one of the following might be the BEST way to measure adherence to a prescribed medication regime?
    - A.) Direct observation of medication administration.
    - B.) Evidence of illness complications or exacerbations.
    - C.) Monitoring laboratory values of element influenced by the medication.
    - D.) Questioning the client about his or her medication routine.
* **Question 4**
  + Using Maslow’s framework, which statement characterizes the highest level of need?
    - A.) “Nurse, my pain is severe . . . is it time for my shot?”
    - B.) “I felt welcomed when I first joined the group and I look forward to the monthly meetings.”
    - C.) “I’m very proud of receiving the Employee of the Month award.”
    - D.) “There have been home break-ins with burglary in our neighborhood. We are thinking of moving.”